

Coping with Changing Behaviors

Fran Lodder

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Common Causes of Behavior Changes

Physical experiences (pain)

Emotional shifts (joy, grief)

Perception (the mental filter)

Fear in the now (threats)

Anticipatory Fear (unknown future)

Loss of autonomy or independence

Stress (managing illness)

Trauma (hospitalization)

Relationship Dynamics

Subject to change:

Identity

Control

Power

Trust

Dependency

Respect

Unspoken Distress

Am I doing
enough?

I don't want
her to be
mad at me.

I don't know
how much to
tell her.

Who can I find to
help me?

How can
we afford
this?

Nobody can
take care of her
better than me.

I don't know
how to do all
of this!





**Am I a
burden?**

**I wish I could
do all of this
myself.
It's not fair.**

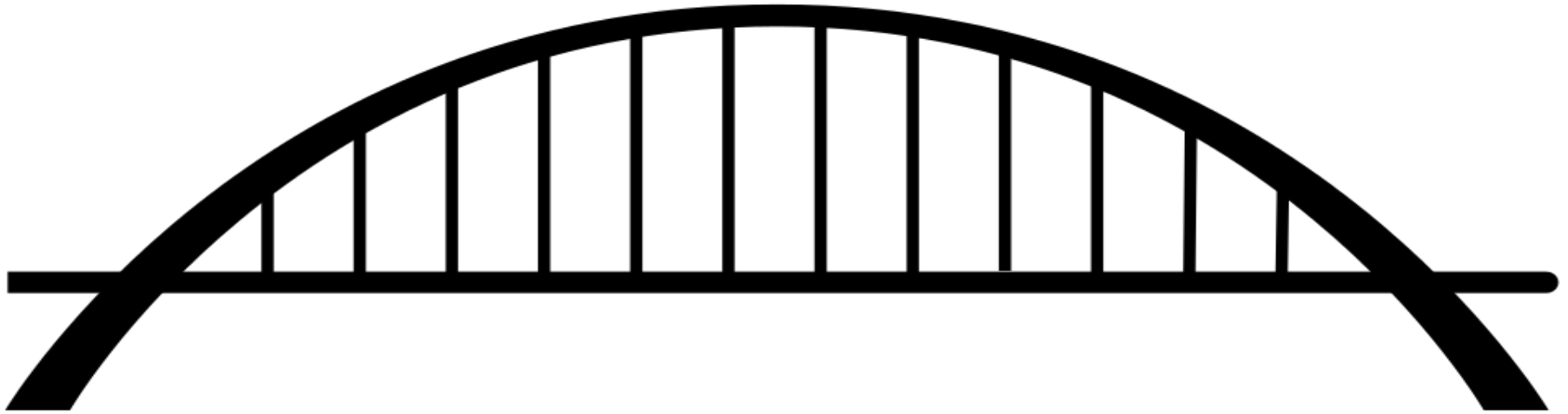
**I want to
make my own
decisions.**

**I have no idea
what is to come.**

**Can I tell her
how I REALLY
feel?**

**I don't want to
hurt her feelings
– she does so
much for me.**





Communication and Engagement

What does it look like?

How is it achieved?

How will it make life better?

How can it be sustained?